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5 THINGS YOU NEED TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Where do trashy celebs go after they stop being famous? For years, some D-listers have been heading into the ring for "Celebrity Boxing," created by Philly-area native Damon Feldman, who gives has-beens a 16th minute of fame. But behind the boxing, there has been pain, from growing up with a quadriplegic mother to living in his boxer father's shadow and coping with depression after his father's death. It's all revealed in Feldman's new memoir, which he hopes to adapt into a film. Read more on page 4 and at **metrophilly.us**.

WAPO: MUELLER RAISES POSSIBLE TRUMP SUBPOENA

1 Special Counsel Robert Mueller, in a meeting with President Donald Trump's lawyers in March, raised the possibility of issuing a subpoena for Trump if he declines to talk to investigators in the Russia probe, the Washington Post reported on Tuesday. Citing four people familiar with the encounter, the Post said Mueller mentioned a subpoena after Trump's lawyers said the president had no obligation to talk with federal investigators who are probing Russia's alleged meddling in the 2016 presidential election. Earlier on Tuesday, President Trump criticized the leak of more than 40 questions that special counsel Robert Mueller wants to ask him. As negotiations continued over whether Trump will sit for an interview, the New York Times obtained a lengthy list of questions Mueller and his team have prepared for the president. "So disgraceful that the questions concerning the Russian Witch Hunt were 'leaked' to the media. No questions on Collusion," Trump wrote on Twitter. "It would seem very hard to obstruct justice for a crime that never happened!" Trump's lawyers met with Mueller last week to discuss a possible interview with the president, the Wall Street Journal reported.

FACEBOOK TO LAUNCH ITS FIRST DATING SERVICE

2 Facebook Inc. will offer its first dating service, Chief Executive Mark Zuckerberg said on Tuesday, signaling the entry of the world's largest social network into a growing market that sent shares of established dating site operators tumbling. Zuckerberg told software developers at Facebook's annual F8 conference that a dating service would be a natural fit for a company that specializes in connecting people online. "There are 200 million people on Facebook that list themselves as single, so clearly there's something to do here," Zuckerberg said. Facebook users have been able reveal on the network whether they are single or in a relationship since it first went live in February 2004. Zuckerberg said Facebook was building the dating service with an emphasis on privacy, a sensitive subject for people who use online dating and for Facebook as the company reels from a scandal over its handling of personal information. A dating service could increase the time people spend on Facebook and be a "big problem" for competitors such as Match Group Inc., said James Cordwell, an analyst at Atlantic Equities.

50TH ANNIVERSARY OF THE 1968 MAY DAY DEMONSTRATIONS IN PARIS

3 Vehicles are burning as thousands of people take to the streets during the May Day demonstrations on May 1, 2018, in Paris, France. This month celebrates the 50th anniversary of May '68, when France saw millions of students and striking workers come onto the streets in demonstrations that changed the country.

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CNN: DOCTOR SAYS TRUMP DICTATED HIS OWN REPORT

4 A letter from Donald Trump's New York physician released by his campaign in 2015 declaring he would be "the healthiest individual ever elected to the presidency" was composed by the candidate himself, the doctor said on Tuesday. "He dictated that whole letter. I didn't write that letter," Harold Bornstein told CNN. Bornstein was not available to comment, but in a subsequent interview with NBC, he confirmed the account. The White House did not immediately respond to a request for comment from Reuters. "Mr. Trump has had a recent complete medical examination that showed only positive results," said the letter signed by Bornstein, who said he had treated Trump since 1980. "Actually, his blood pressure, 110/65, and laboratory results were astonishingly excellent. His physical strength and stamina are extraordinary," the letter said. "If elected, Mr. Trump, I can state unequivocally, will be the healthiest individual ever elected to the presidency." Bornstein told NBC News the characterization of "healthiest" was "black humor." Trump read out the language as Bornstein and his wife were driving, the doctor told CNN. The campaign released the letter in December 2015.

KANYE WEST SOUNDS OFF ON SLAVERY AND POLITICS

5 Rapper Kanye West on Tuesday described slavery as a choice, praised Donald Trump for doing "the impossible" by becoming president, and attributed his 2016 mental breakdown to opioid addiction. In the latest in a series of startling interviews, tweets and videos, West, 40, also revealed he had undergone liposuction some years ago because he did not want to be called fat. The Grammy Award-winning musician's most controversial comments came in a rambling video interview at the offices of celebrity website TMZ.com where he was asked about his recent Twitter spree. At one point in the TMZ interview, West says, "When you hear about slavery for 400 years. For 400 years? That sounds like a choice." On Tuesday, West also gave the first details of his November 2016 admission to a Los Angeles psychiatric hospital after a series of curtailed concerts and political rants. In separate video released on Tuesday to match his new single "Ye vs. the People," West discusses the support he voiced for Trump last week. Asked what he admired about Trump, West told fellow rapper T.I., "the ability to do what no one said you can do, to do the impossible."

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‘Celebrity Boxing’ creator Damon Feldman opens door on private life in new book

Sixteen minutes may not be enough for Philly area’s Damon “16 Minute Man” Feldman, known for putting D-list celebs in the ring through “Celebrity Boxing” and now the author of a new memoir.

SAM NEWHOUSE
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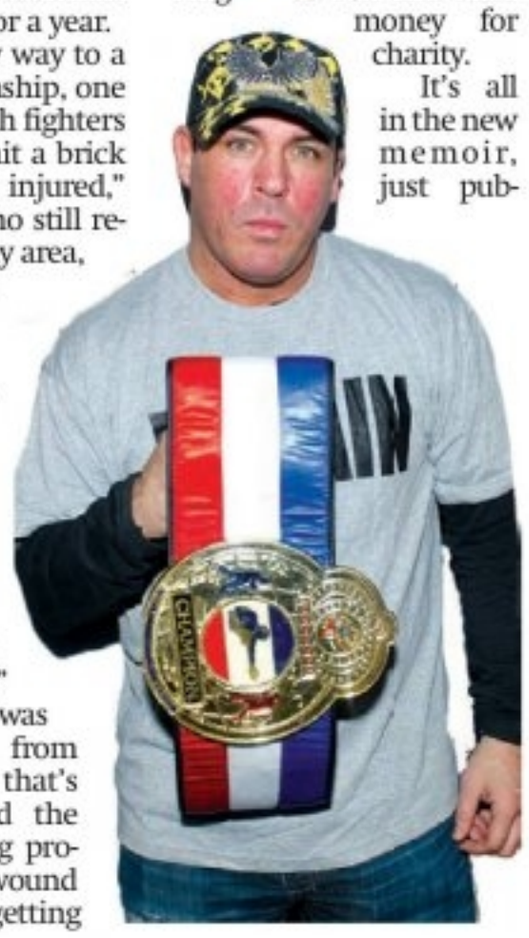
Boxing is in Damon Feldman’s blood. His father, the late Marty Feldman, was a Philly boxer who had a 20-3 record from 1952-63 and went on to train six world champion boxers. Damon started training at age 12 at an Upper Darby gym and went on to become a boxer known as the “Jewish Hammer.” But he had to leave the ring after slipping in 1998 and injuring his spine, which took him out of training for a year.

“I was on my way to a world championship, one of the only Jewish fighters out there, and hit a brick wall when I got injured,” Feldman, 42, who still resides in the Philly area, told Metro. “Then I got into promoting. I had a dream, I worked on it. And pretty much all my dreams came true.”

As Feldman tells it in his new book, “The 16 Minute Man,” the slip and fall was almost a sign from fate. Because that’s when he found the calling of boxing promotion, which wound up with him getting national attention for creating “Celebrity Boxing,” the competition that puts D-list celebrities in the ring to box and raise money for charity.



It’s all in the new memoir, just published and to be celebrated at a South Philly book signing event on May 3 at Chickie’s and Pete’s, along with an unblinking look at the darker side of fame.

“Celebrity Boxing” got national attention for bringing D-list celebrities back into the spotlight for one last shot at the big time — their “16th minute,” as Feldman calls it. A fight between disgraced figure skater Tonya Harding and alleged Bill Clinton sexual harassment victim Paula Jones was broadcast nationally on Fox. One of the biggest fights, he said, was Danny Bonaduce vs. Jose Canseco, “a child star versus the most controversial athlete of all time,” as Feldman called it. There was even a Battle of the Mistresses, pitting Violet Kowal, Mel Gibson’s ex-mistress, with Michelle McGee, ex-mistress of Jesse James (Sandra Bullock’s boyfriend). One time, “Long Island Lolita” Amy Fisher fought “Octomom” Nadya Suleman; and Fisher’s husband, Lou Bellera, fought her former lover, Joey Buttafuoco, whose wife Fisher shot in the face.

> **“I really got happy, man. Hitting rock bottom made me like a new person.”**
> Damon Feldman

Feldman has also waded into controversy. He organized a boxing match between DMX and George Zimmerman, who killed Trayvon Martin, but Zimmerman backed out, and Feldman claimed he hadn’t known the details of the case. He set up a boxing fight between rival drivers from Uber and Lyft (Uber won).

But along the road, in addition to the successes, there have been struggles. In 2010, Feldman was charged by former Pennsylvania Attorney General Tom Corbett with fixing fights through “Celebrity Boxing.” He pleaded guilty to misdemeanors and accepted a sentence of probation.

“It was a lot of BS and a politician trying to get his name out who ended up being the worst governor of all time,” Feldman said. “They made me not do fights in Philadelphia, but it was a blessing in disguise, because then I broke into Hollywood.”

But in 2017, as Feldman was organizing one of his biggest fights ever — Sugar Ray Leonard Jr. vs Marvin Hagler Jr. on the 30th anniversary of their fathers’ famed bout — he was spiraling into depression. He said childhood events were suddenly hit-

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Philly's Damon Feldman, creator of "Celebrity Boxing," is revealing all in a new memoir. ALL IMAGES GETTY IMAGES

ting him, like being raised by a quadriplegic mom who had been brutally attacked by an ex-boyfriend. And at that time, his elderly father was slipping away.

"It was weird times, my dad was dying, and I was just in a bad situation," Feldman said. "I never knew what depression was until I hit the brick wall. … I hit rock bottom. I wasn't addicted to drugs, but I did start drinking. It was ridiculous, what happened with the drinking, but it made me a stronger person. Depression can happen to anyone."

Taking some time off and redoubling his efforts in the professional world helped him get his mojo back, Feldman said.

"I really got happy, man," he said. "Hitting rock bottom made me like a new person. Hitting rock bottom made me succeed."

Check out more info about Damon's book signing at Chickie's and Pete's on May 3, and other events he's organizing, including the coming Beauty Battle on May 6, hosted by former "Real Housewives of New Jersey" star Teresa Giudice, on damonfeldman.com.

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The #MeToo movement didn't just bring bigger pressure on Bill Cosby for being accused of sexual misconduct, but also may have made jurors see his lawyers' attacks on the credibility of accusers less favorably. GETTY IMAGES

Bill Cosby probably won't wind up in prison, expert says

Despite conviction, the disgraced entertainer has a raft of legal appeals to file that could significantly delay imprisonment.

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After Bill Cosby was convicted last week of drugging and sexually assaulting a young Temple athletics employee, jurors spoke out about what evidence led them to convict. Some said they were convinced by Cosby's own deposition for a decade-old lawsuit he settled with Constand for $3.5 million, in which he admitted giving her Benadryl and wine in his Cheltenham mansion, then molesting her.

There's just one problem: that piece of evidence could be considered a violation of Cosby's Fifth Amendment right to not self-incriminate, which could be a significant issue on appeal, since he testified under a non-official, apparently verbal non-prosecution agreement with former Montco DA Bruce Castor.

But realistically, only 7 to 9 percent of appeals result in substantial change, said Rutgers-Camden criminal justice professor Ross Allen. Since that deposition was ordered released to the Associated Press by a federal judge, it can't be magically re-sealed.

"If these were untrue allegations, he would have filed 80 lawsuits against his accusers," Allen said. "The only defense to defamation is the truth."

But ultimately, Cosby is unlikely to face prison time, Allen predicted.

"I doubt he's going to see the inside of a legitimate prison," Allen said, noting that Cosby would require extensive protection if he were in custody. "If he sees prison, it's going to be some sort of 364 days, under a year, nonviolent prison, maybe something like Martha Stewart was in."

Cosby, 80, is legally blind and is so well-known Allen is not sure he needs to be incarcerated.

"If he sees prison, it's going to be some sort of 364 days, under a year, nonviolent prison ..."

Ross Allen, Rutgers-Camden criminal justice professor

"What's the cost benefit analysis to locking him up? Is he a danger to society? You're going to have to spend a lot of time to protect him from other offenders. ... There's a good chance the judge is going to let him stay out while the appeals process is underway, that's two or three years. At what point do they say the biggest punishment he'll ever face is the loss of his legacy?"

Additionally, Cosby recently lost a daughter, in addition to the murder of his son some 20 years ago.

The #MeToo movement didn't just bring bigger pressure on Cosby for being accused of sexual misconduct, but also may have made jurors see his lawyers' attacks on the credibility of accusers less favorably.

"His attorneys, instead of defending him, they were bashing the accusers," he said. "People have known about Cosby's alleged conduct for 40 years."

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New data lists Philly among the country's most millennial cities

A new report shows what cities millennials are moving to and impacting. ISTOCK

There's a lot of research about the impact of millennials, from what industries they're "killing" with their spending habits to what jobs they're bolstering as they take over the workforce. But where exactly are all these millennials living, and what cities are they impacting most?

Though you may associate Brooklyn with young hipsters doing odd jobs, that's not actually the top place, according to a report from Politico.

"Things like amenities, weather, liveliness, etc., are important. But other things are important as well."

Robert Manduca, Ph.D. student in sociology and social policy at Harvard

Politico wanted to go beyond the too familiar millennial-focused "gimmicky pseudo-data about, say, avocado consumption," and look into how this age group is impacting the country's urban centers. Their list of the most millennial cities gives a look at where these people are moving and what economic success they're finding there.

San Francisco is No. 1 on Politico's most-millennial cities list, with 23 percent of the California city's population made up of adults between the ages of 25 and 34.

Boston came in second and Washington rounded out the top three. New York City just missed the top 10, coming in at No. 11 — though Jersey City landed high on the list at No. 4 — and Philadelphia landed about halfway down the list at the 26th spot out of 50 cities.

Politico's rankings took into account a few different factors. In comparing cities of more than 200,000 people, the report focused on the percentage of millennials within that population, their economic output, transportation and the recent arrival of millennials to that city from other areas.

In New York City, adults 25 to 34 years old makeup just 18 percent of the population — with 8 percent having moved to the Big Apple in the last year — earn a median income of $67,000 and have an economic impact of $71,000.

Though some "already celebrated cites," to use Politico's words, like Boston, New York, and Chicago appear on the list, this report also pointed to the rising appeal of places like Denver (No. 6), Durham, North Carolina (No. 12) and Richmond, Virginia (No. 16) among others.

"Things like amenities, weather, liveliness, etc., are important," Robert Manduca, a Ph.D. student in sociology and social policy at Harvard, told Politico. "But other things are important as well — opportunities for meaningful career advancement, and even just familiarity with different parts of the country."

The creation of this "most millennial cities list" is the start of a Politico reporting project that will take a deeper dive into how millennials are changing America. The news outlet said those stories will roll out over the next year.

KRISTIN TOUSSAINT

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New data: Playing youth football leads to earlier CTE symptoms

Researchers at Boston University looked at the connection between starting the game before the age of 12 and the onset of signs of the condition.

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It's now no secret that the hits most NFL players sustain during football games could lead to chronic traumatic encephalopathy, the degenerative brain disease known as CTE that causes memory loss, aggression, confusion and more.

But it's not just those tackles in a national stadium that can put a player at risk. Playing youth football before the age of 12 could lead to an earlier onset of the cognitive and emotional symptoms associated with CTE, according to a new report.

Researchers at Boston University School of Medicine and VA Boston Healthcare System released a study this week looking at 211 football players who were diagnosed with CTE after death, and the effects of youth football on that outcome.

Those who began playing tackle football before 12 saw CTE symptoms appearing an average of 13 years earlier than those who didn't.

Every year younger that someone began to

"Youth exposure to repetitive head impacts in tackle football may reduce one's resiliency to brain diseases later in life including, but not limited to, CTE."

Dr. Ann McKee, chief of neuropathology at Boston VA Healthcare System

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The younger someone starts playing tackle football, the earlier cognitive and behavior symptoms of CTE appear, according to a BU study. C WATTS/FLICKER CREATIVE COMMONS

play football predicted earlier onset of cognitive issues, like memory loss, by 2.4 years and behavioral and mood problems, like aggression and depression, by 2.5 years, according to the report.

Though playing football at a younger age was associated with these symptoms appearing earlier, it wasn't associated with a more severe form of CTE. The main finding was that starting tackle football at a younger age influences when those symptoms first appear, and also puts players at risk of other brain diseases, like Alzheimer's and dementia.

"Youth exposure to repetitive head impacts in tackle football may reduce one's resiliency to brain diseases later in life including, but not limited to, CTE," said Ann McKee, MD, chief of Neuropathology at Boston VA Healthcare System and Director of BU's CTE Center, in a statement. "It makes common sense that children, whose brains are rapidly developing, should not be hitting their heads hundreds of times per season."

Of the 211 CTE-diagnosed brains studied, 76 were amateur football players and 135 played at the professional level. The brains were donated to the VA-BU-Concussion Legacy Foundation Brain Bank. Researchers conducted phone interviews with the friends and families of those players to determine if they displayed such cognitive, behavior and mood symptoms and when they first began.

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Under the direction of Attorney General Jeff Sessions, the DOJ has deleted a section on racial gerrymandering and another titled "Need for Press and Free Trial." GETTY IMAGES

The Justice Department has quietly deleted references to press freedom

It was removed from their literal list of priorities.

MICHAEL MARTIN
letters@metro.us

While the tweetatariat was consumed in debate about Michelle Wolf's makeup tips at the White House Correspondents' Dinner, it was reported that the Justice Department has quietly deleted references to press freedom from its manual for federal investigators.

The guide, which provides directions and priorities for federal prosecutors, has been revised for the first time since 1997. Under the direction of Attorney General Jeff Sessions, the DOJ has deleted a section on racial gerrymandering and another titled "Need for Press and Free Trial," BuzzFeed News reported on Sunday.

The deleted section, which was in the manual since at least 1988, read: "Likewise, careful weight must be given in each case to the constitutional requirements of a free press and public trials as well as the right of the people in a constitutional democracy to have access to information about the conduct of law enforcement officers, prosecutors and courts, consistent with the individual rights of the accused. Further, recognition should be given to the needs of public safety, the apprehension of fugitives, and the rights of the public to be informed on matters that can affect enactment or enforcement of public laws or the development or change of public policy."

References to racial gerrymandering and the limits of prosecutorial power were also deleted from the manual. Additions included language warning prosecutors against leaking information and to report their media contacts.

The changes were not publicly announced, which is unusual. In January, the DOJ announced it was adding a section on "religious liberty," which directed prosecutors to alert senior officials if any lawsuits were filed against the government "raising any significant question concerning religious liberty."

"... careful weight must be given in each case to the constitutional requirements of a free press ... as well as the right of the people in a constitutional democracy..."

A portion of a Justice Department manual for federal investigators, which was recently deleted

Deputy Attorney General Rod Rosenstein had ordered a top-to-bottom review of the manual, but the Justice Department didn't comment on why the specific text was removed. DOJ spokesperson Ian Prior told BuzzFeed News the manual is meant to be a "quick and ready reference" for lawyers, not "an exhaustive list of constitutional rights, statutory law, regulatory law, or generalized principles of our legal system."

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Loneliness study shows young people are the most isolated

It might seem a little dramatic to say that loneliness is dangerous, but isolation is scientifically shown to have negative impacts on a person's health. GETTY IMAGES

We're more connected than ever, thanks to social media and smartphones, but we're also lonelier than ever. Especially young people.

Insurance carrier Cigna — in conjunction with the research firm Ipsos — measured loneliness in 20,000 Americans using UCLA's Loneliness Scale.

The 20-question Loneliness Scale gauges a person's "subjective feelings of loneliness as well as feelings of social isolation" on a scale of one to four — never, rarely, sometimes or often.

And the results were alarming.

Younger people are more likely than seniors to be lonely

Elderly Americans are typically the group of people touted as the loneliness, but the Cigna loneliness study found that they're not as isolated as previously thought.

"Half of Americans view themselves as lonely," David Cordani, president and CEO of Cigna Corp., told NPR.

The national loneliness score — on a scale of 20 to 80 — is 44, according to the survey results. Those in Generation Z (currently ages 18 to 22) clocked a loneliness score at 48, compared to 39 for adults 72 and older.

Social media makes us lonelier

Social media is intended to make us feel more connected to each other, but a growing body of research shows the opposite is true.

"I have students who tell me they have 500 'friends,' but when they're in need, there's no one," Jagdish Khubchandani, a health science professor at Ball State University, told USA Today. Talking to people via computers and phones might seem like socializing, but it's not replacement for the real thing.

Research published in 2017 by San Diego State University psychologist Jean Twenge showed that more screen time might cause more depression and suicide among American adolescents. The same research found the opposite for those not as active on social media; the more face-to-face social interactions they have, the less likely they are to experience depression or suicidal thoughts.

Is loneliness dangerous to our health?

It might seem a little dramatic to say that loneliness is dangerous, but isolation is scientifically shown to have negative impacts on a person's health.

A 2017 meta analysis of 148 studies on loneliness and isolation with over 300,000 participants found that people with better social connections are 50 percent less likely to die early. Another meta analysis using data from 3.4 million people in four continents found that being alone played a direct role in premature death.

But, why? One thought is that being lonely creates anxiety — and not getting that interaction increases anxiety. The loneliness creeps into other areas of their life, too. A study from researchers at the University of Arizona found that lonely people are less equipped to deal with stress, maintain health and get adequate sleep.

"There's a blurred line between mental and physical health," Cordani added to NPR. "Oftentimes, medical symptoms present themselves and they're correlated with mental, lifestyle, behavioral issues like loneliness."

Stress can create a physical response, including inflammation that damages tissue and blood vessels. Inflammation can contribute to the development of heart disease, arthritis and diabetes, according to physician Vivek Murthy, a former U.S. surgeon general.

"Stress from loneliness is an insidious type of stress," Murthy told USA Today. MEAGAN MORRIS

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(L to R) Eagles linebacker Jordan Hicks, quarterback Carson Wentz, center Jason Kelce and SWOOP ALL PHOTOS PROVIDED

Community Spotlight: Eagles Autism Challenge

The inaugural event takes place on Saturday, May 19 at Lincoln Financial Field.

JENNIFER LOGUE
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The world-champion Philadelphia Eagles have also become champions of autism research. With their inaugural Eagles Autism Challenge next month, the team is playing a big role in moving the conversation from awareness to action.

The family-friendly day of fun will feature a 5K that you can run or walk, in addition to cycling routes of 15, 30 and 50 miles.

"We have over 2,600 participants that have registered already," says Ryan Hammond, executive director for the Eagles Autism Challenge. "This is a call to action from a leadership perspective. It's a way to bring people together to make autism their philanthropic priority."

Unlike fundraising events where you pay an entry fee to take part, the Eagles Autism Challenge sets fundraising minimums for participation.

"For example, if you're doing the 5K, you have to raise a minimum of $250, and if you're riding a bike, you have to raise a minimum of $500, $750 or $1,000, based on the distance," she says. "That's what's really been unique about this. You're pushing people out of their com-

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Eagles Chairman & CEO Jeffrey Lurie, Eagles President Don Smolenski, Christina Weiss Lurie, Mayor Jim Kenney and reps from CHOP, Drexel and Thomas Jefferson University and Jefferson Health

EAGLES AUTISM CHALLENGE

presented by Lincoln Financial Group

fort zone to ask them to raise money and emerge as a leader in autism with us."

The Eagles Autism Challenge has already raised $1.6 million, and 100 percent of the money will be invested in autism research and support, across multiple organizations.

"We're not selecting just one beneficiary — we're focused on bringing the thought leaders in Philadelphia together," Hammond says. "We'll be supporting autism research at Children's Hospital of Philadelphia, the A.J. Drexel Autism Institute and Thomas Jefferson Health System."

So what can participants expect from the big event May 19? First, the whole team will be there.

"The unique thing we could bring to the table is the engagement with our entire team," she says. "Not only will all the players be there [posing for pictures and signing autographs], all of our events end crossing the 50-yard line at the stadium. There's also the added bonus of the Lombardi trophy."

In addition to the athletic events, there will be food and music, as well as special accomodations for families affected by autism. Kids under 12 can also attend with a parent who's participating at no cost.

"We wanted to be inclusive from a family standpoint," Hammond says. "And it's important for families who look to the Eagles as their heroes to see we've prioritized autism. It makes families affected by it feel like they have a place with our team."

With the recent CDC report showing a rise in autism cases from 1 in 69 children in 2014 to 1 in 59 children in 2018, rallying behind this cause is more important than ever.

"Beyond just a donation, the visual impact of bringing people together — our team, our players, our coaches, the families touched by it and these amazing leaders in our fans — is really powerful," Hammond says. "Our fans come out strong to support everything we do. To think that we can be world champions on the field and in the field of autism is amazing."

You can register for the inaugural Eagles Autism Challenge through May 11, and have until May 31 to reach your fundraising goal.

For more information, visit: eaglesautismchallenge.org.

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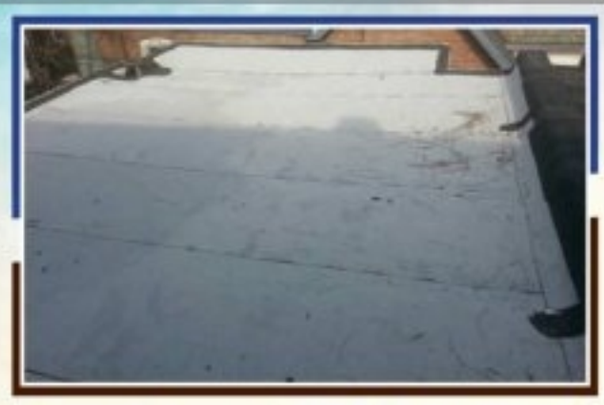

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Caitlin FitzGerald on 'Sweetbitter' and the dark side of the restaurant industry

In "Sweetbitter," FitzGerald plays Tess' mysterious mentor, Simone. STARZ

Metro chats with the "Masters of Sex" and "UnREAL" star about her latest venture.

RACHAEL VAUGHAN CLEMMONS
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On Sunday, "Sweetbitter" — based on the book of the same name — will premiere on Starz, an attempt to bring glitz, glamour and mystique to the not-at-all exciting world of being a restaurant's backwaiter (that's fancy for busboy). The series follows Tess — your standard-order naive, homegrown gal from Ohio — as she tries to find herself in 2006-era Williamsburg, as one does. Once she scores a job at a fancy pants restaurant, she finds herself caught up in the drama of love triangles and balancing three plates at a time. As one does.

There is one tiny glimmer of hope in "Sweetbitter," though, and it comes in the form of the mysterious, inscrutable Simone, played lovingly by Caitlin FitzGerald. We chatted

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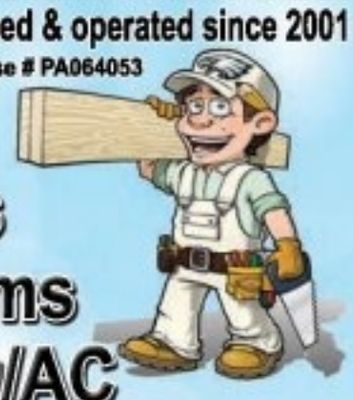
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"We dropped a lot of plates. It was a graveyard of glasses."

with the actress about practicing for the role, the relationships between women in the series and tackling the darker side of the restaurant industry.

Did you have to research your role in actual restaurants?
We had a consultant who came in and did waitressing bootcamp before we started shooting. We had a few days where we did kind of a crash course in fine dining and … we dropped a lot of plates. It was a graveyard of glasses.

What got you excited about the role of Simone?
It's interesting because I was kind of Tess, Ella Purnell's character, in my life. I graduated from New York University in 2006, when the show is set, and went to work in restaurants. And I knew a lot of women like my character, Simone, who seemed to always know the right thing to say and wear and knew everything about food and wine and seemed to be living lives based on their own rules. So to play the woman that I got to idealize when I was younger was really exciting.

Describe the relationship between Tess and Simone.
It's very multifaceted. It's not just one thing. There's definitely a mentor/mentee relationship there. I think there's love there and maybe competition and some bitterness and suspicion. And to me, that feels really true to life. I've certainly had many relationships in my life with women that are very complicated.

GETTY IMAGES

You've said that you read the book and it was all a super-familiar experience to you.
It was uncanny, the first time I read the book. It felt like reading my diary from when I was 22, only actually well-written and articulate! I told Stephanie at my first audition that we had definitely waited on the same people because the characters were so familiar in her story. And I loved it, and it made me feel incredibly nostalgic for that time in my life. It was a homecoming of sorts. Our show feels like the New York that I know, the New York that I came of age in.

Do you think the series will cover the darker side of the restaurant industry?
I think the restaurant industry — like every industry — has inappropriate power dynamics and I think certainly in 2006, long before we were having the conversation the way we are now, it was at work. So I don't know what the plans are for the show but I can't imagine that they would ignore that dynamic going forward.

"Sweetbitter" premieres Sunday, May 6, at 8 p.m. on Starz.

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(L - R) Betsy West, Justice Ruth Bader Ginsburg and Julie Cohen
IMAGES FROM GETTY

The OG of the highest court in the land.

Ruth Bader Ginsburg is the hero we all need right now

The documentary "RBG" shows us why.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

There are many reasons why Ruth Bader Ginsburg is an inspiration to millions of people — not just in America, but across the world.

At 85 years young she's still fighting for equality. She even visits a gym regularly to keep herself in peak condition so that she can continue her work as an associate justice of the Supreme Court.

But Ruth Bader Ginsburg's inspiring story goes much deeper than that, so it's no surprise directors Julie Cohen and Betsy West wanted to turn it into a documentary. I recently talked to the duo about "RBG," and they had nothing but praise for the incredible woman.

When did you become interested in making this documentary?
Betsy: In 2015 we took note of Justice Ginsburg's rise on the internet, as "the Notorious RBG" and the "Saturday Night Live" impersonations. She was clearly striking a chord with the millennial generation. We'd both previously interviewed Justice Ginsburg, and we knew there was so much more to her story, and that someone should make a documentary about her. So we thought, "Why not us?"

Why has she become so popular?
Julie: Her huge popularity seems to be a combination of a few factors. One of them is just the unlikeliness of a very tiny, serious-seeming, 85-year-old Jewish grandmother in a judicial robe speaking up and saying some things in her court opinions and dissent that a number of young, liberal activists find relatable. So there's an irony factor here. But behind that there's a seriousness and appreciation for the important work that she's done for many decades.

What do you think today's generation can take from Justice Ginsburg and what she's achieved?
Betsy: There's a lot to learn about how Ruth Bader Ginsburg has approached challenges throughout her life, both personal and professional. As a brilliant young lawyer coming out of Columbia Law School at the top of her class she couldn't get a job. She became a professor and moved into the area of women's law, at a time

when discrimination against women was widespread and just generally accepted — not at all questioned. She devised a brilliant legal strategy to take this on. Not yelling and screaming, "Sexism! Sexism!" But by slowly showing the nine male justices on the Supreme Court that this kind of discrimination was unfair under the constitution. I think people can take a lot from her approach to facing adversity and to using her brains and her talent to oppose it and overcome.

Did you talk to her about the state of politics?
Julie: We're aware, as filmmakers and as citizens, that there are constraints about what the Justice can talk about. We didn't attempt to have any off-the-record conversation. Every conversation was on the record. What she had to say was what was in the film. She did make the case for why she's absolutely capable of ruling fairly on any case that may come before the court in the current administration.

Betsy: She's an optimistic person. At one point she says, 'We may be in tough times, but look at how far we've come.' She takes the long view of the world. She has a tremendous belief in our legal institutions.

"RBG" is in theaters May 4.

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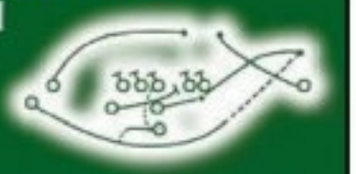

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Hack Ikea furniture with a DIY design

Norse Interiors shows you how to upcycle your flat-packed finds.

KARL SAINT LUCY
letters@metro.us

Lotta Lundaas moved to the U.S. five years ago from Sweden to lead marketing teams in publishing and telecom. Lately though, she's applied her business acumen to a rediscovery of the DIY ethos and minimalist sensibility of her youth.

Norse Interiors, a product of her entrepreneurial savvy and Scandinavian style, is proof that Lundaas has arrived on the scene at just the right time.

"In short, we make components to upgrade Ikea furniture," Lundaas says of her online furniture boutique, which she launched earlier this year. "The customer chooses color, design and accessories to create a one-of-a-kind piece of furniture without having to pay the markup for a customized piece." Norse-upcycled pieces are easy to integrate into any room, perfect for the creative city-dweller with an eye for "clean lines with a twist."

Everyone in her family knew their way around the wood shop, so Norse Interiors is a fitting and inspiring continuation of her family's legacy.

At present, Norse Interiors makes parts exclusively for Ikea's Bestå series, but Lundaas hopes to expand her offerings to other Ikea lines soon. Bestå is a time-tested storage cabinet/TV stand system that runs about $50-$100 without doors. A light-touch Norse refit involves the purchase of doors from Norse instead of Ikea, but the sides, tops, pulls and knobs, and legs are available for more comprehensive upgrades. "What you get is a custom-ized design in a sustainable material."

Lotta Lundaas, of Norse Interiors

"Upcycling" — reuse of materials over tossing them — is at the core of Norse Interior's commitment to sustainability. But Lundaas has taken it even further — the lumber used in Norse pieces is all locally sourced and certified by the Sustainable Forestry Initiative.

Norse Interiors' goal is to empower its customers to own and express their personal styles when it comes to the furniture in their lives. Lundaas features custom-designed pieces — which shoppers assemble at home — as well as inspirational DIY and how-to videos on the shop's Instagram profile.

To others in the DIY/hacking space, Lundaas advises, "You need to be convinced about your own product before taking the plunge and leaving your steady job to go into some crazy venture like this. You need to know there's demand. You need to be more than convinced that you have something good before you can embark on that kind of journey."

Take a look at Norse Interiors' collection at norseinteriors.com, and follow @norseinteriors on Instagram. Share your own custom creations with Lotta's emerging community of do-it-yourselfers.

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The Sixers need to remained poised down 0-1 in their series vs. Celtics.

ANDY JASNER
sports@metro.us

Ben Simmons had 18 points and six assists in Game 1. GETTY IMAGES

Rust was so much more evident than rest. Despite having some important veterans, the 76ers will only go as far as Joel Embiid and Ben Simmons will guide them. It's not just scoring. It's about defense. It's about playoff intensity. It's about growing up quick into young leaders.

Embiid and Simmons put up good numbers Monday but the Sixers were bounced, 117-101, by the Boston Celtics in Game 1 of the Eastern Conference semifinals.

A long series could potentially still be in play if the young dynamic duo can respond in a big way.

"You can't blame (the loss) on being rust, or rest," Embiid told reporters on the podium postgame. "We're NBA players, we're in the playoffs. We got to be ready for every game."

The Sixers were once 36-30 and a playoff berth was still uncertain. Then they reeled off an amazing 16 straight wins. What followed was an impressive victory over the Miami Heat in five games in the opening round of the playoffs.

Even without Kyrie Irving, Gordon Hay-

Herrera has earned the

On Opening Day, Gabe Kapler made a head-scratching decision to bench center fielder Odubel Herrera.

Herrera batted .281 in 2017 with 14 home runs and 56 RBI. He was thought of as one of the more reliable Phillies hitters heading into the season. His benching did not sit well.

"I want our guys to want to be in the lineup every day. I want them to have that fire in their belly to compete every single day," Kapler said of Herrera's benching to start the year. "And I thought the coolest thing was when I talked to Odubel, he said, 'I'm upset. I want to play.' And I said, 'Awesome. That's exactly what we want you to feel.'"

Fast forward to Sunday. Herrera has proven to be one of the Phillies' most important two-way players during their 16-12 start. Herrera is tied for first in the National League in hits (32) and ranks second in batting average, hitting .344. He's also notched three home runs, 13 RBI and has made some incredible plays in the field.

This past Friday, he cracked two home runs in a 7-3 Phillies win. In the third inning on Saturday night, in a 4-1 loss to the Braves, Herrera robbed what would've been a two-run home run to give the Braves a 5-0 lead.

"What a tremendous play," Kapler said. "Incredible jump, timed up his jump perfectly, having his glove go into the bushes like that, you never know what's going to happen in that kind of situation. But more and more he just shows you how engaged he is, how dynamic he is, how athletic he is, and how invested he is in our baseball games. You see how emotional he is and we love that, and we don't want to do anything but celebrate it."

JEFF MCMENAMIN

need young'uns to act like veterans

ward and Jaylen Brown, the Celtics proved their mettle. This isn't the Heat. This series will be much tougher.

JJ Redick, Ersan Ilyasova and Marco Belinelli are terrific veterans, yet the Sixers need Embiid and Simmons to elevate their games to another level.

That challenge is up to head coach Brett Brown.

The former highly-successful assistant under Gregg Popovich with the San Antonio Spurs, Brown has done an incredible job in his fifth season with the Sixers. He's arguably the Coach of the Year. He's meticulous and prepared. He's caring. He's resilient. Who else could stay so positive after compiling so many losses in his first four seasons?

Brown must find ways to get his young core to play better.

"I've never felt, 'Here we are,' even when we won so many games in a row," Brown told reporters. "Because of that, you never felt, 'Wow, are we good.' I've never felt that. It's not any knock on my team, our team. I like keeping us honest and fighting for things. That mindset and that attitude is genuine for me, and I hope my players feel it, too. It certainly doesn't diminish confidence. It's coached or delivered that way. I hope we walk a line of both things."

Embiid had 31 points and 12 rebounds. Simmons added 18 points, seven rebounds and six assists.

And the Sixers lost by 16.

The second round of the playoffs isn't like a regular season game in February or March, and Brown is fully aware of this fact as a seasoned NBA coach. One loss doesn't end a series. The key is to come back and make adjustments. It sounds so simple, but it's not.

"It's a long series," Brown said. "It gets harder and harder, as it should. I feel like if we can stay balanced, stay together, and not overreact to stuff, I think we'll be in good shape."

For the Sixers to even the series Thursday and ultimately hope to win and advance to the Eastern Conference Finals, it's up to Brown to lift this young group yet again. Brown and his staff will tweak and adjust and maneuver. They'll be diligent. They'll do everything humanly possible to continue playing. That you can expect.

Joel Embiid pumped in 31 points in Game 1 against Boston. GETTY IMAGES

trust of Kapler

Odubel Herrera has been on a tear of late. GETTY IMAGES

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33 Nut shells
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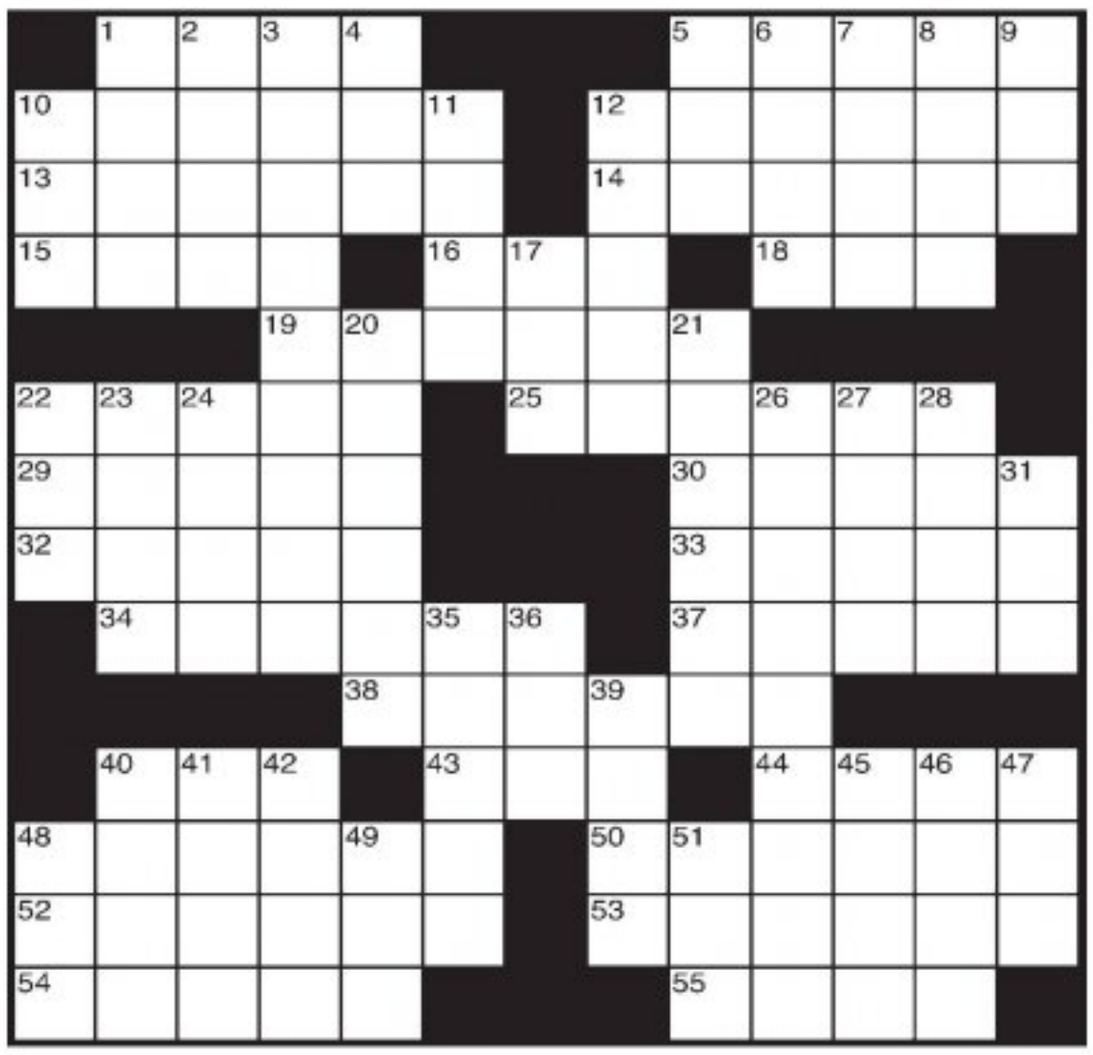

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	3					1	8	
			6		4		2	
1	5				7	2		
		8	1		9	6		
		6	2				1	3
	8		4		2			
	6	9					3	
	7		5					1

hard

1	2		4	3			5	
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9				8				
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				6				3
5			3					7
	8		1					
	7			9	6		4	1

metro.us/horoscopes

Aries Negotiate on your own behalf. When faced with obstacles, use your intelligence and quick wit to turn the tables. A little romance will improve your life.

Taurus Work and advancement are favored. Don't shy away from taking the reins or putting in more hours if it will help you gain the respect required to reach your goals.

Gemini Emotional matters will keep you on your toes. Partnerships are best handled with caution. If something sounds suspicious, speak up and ask questions.

Cancer Offer help, but don't let anyone take advantage of you. A problem with someone who tries to take charge and speak on your behalf will come to a head.

Leo You'll be keen to try something new, but make sure you can afford the overall expense involved before you sign up. A positive physical change can be made without overspending.

Virgo Dealing with domestic matters, home renovations or expenses will cause stress if you are sharing the costs with someone who tends to be extravagant.

Libra Share your feelings and be sensitive to the needs of others. If you are willing to compromise, you will find a solution, even if you are dealing with a stubborn individual.

Scorpio Keep busy, move about and be willing to listen to reason. If you are too insistent or take on too much, you will not reach your target. Keep your life simple.

Sagittarius Concentrate on what's important. Don't exaggerate or be evasive when asked for facts to back up your claims. If you want to get things done, you'll have to get along.

Capricorn A steady pace toward your goal will be your best bet. If someone veers off in a different direction, don't feel obligated to tag along.

Aquarius Finish what you start and live up to your word. As long as you stick to your agenda and are productive, no one will have the right to complain.

Pisces False information will be offered. Rely on your intelligence and trustworthy people to avoid being led astray. A financial opportunity looks promising. EUGENIA LAST

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